

## Checklist ~ Know your Child's Strengths

Many parents, in general, tend to spend more time talking about their child's area of weaknesses. There is absolutely nothing wrong as they are merely trying to help improve the situation. However, on the other side of the coin, looking to building your child's strengths is just as important when it comes to helping him or her succeed in life. What are your child's strengths? Here's a checklist to help you identify your child's strengths.

### GENERAL STRENGTHS

- Can plan ahead
- Problem-solves well
- Makes good choices
- Is curious and creative
- Has passions and hobbies
- Is interested in doing well
- Understands and sets goals
- Asks for help when needed
- Enjoys new experiences
- Is able to work or play independently
- Wants to/is eager to learn new things
- Works well/gets along well in groups
- Works well/gets along well one-on-one
- Is able to organize items and thoughts
- Admits disappointments/mistakes and is able to move on

## SELF-COPING STRENGTHS

- Care for belongings
- Good hygiene
- Usually seems happy
- Feels good about self
- Takes care of self
- Asks good questions
- Tolerates minor reprimands well
- Stands up for self
- Good eater – likes variety of foods
- Recovers well from challenges/bounces back

## SOCIAL STRENGTHS

- Likes to help others
- Is truthful and honest
- Accepts redirection well
- Seeks out social interactions
- Has a good sense of humor
- Follows rules and routines well
- Shares, takes turns and negotiates
- Has positive relationships with adults
- Shows empathy and sensitivity to others
- Is able to make friends and keep them
- Is not easily intimidated by bullying
- Asks for help and comfort when needed
- Is comforting and offers help when needed
- Doesn't follow the crowd (resists peer pressure)
- Accepts personal responsibility for actions (good and bad)
- Reacts appropriately when frustrated (such as not hitting)
- Interacts nonverbally with other children with smiles, waves, nods, etc

## LANGUAGE STRENGTHS

- Has and uses a growing vocabulary
- Uses grammar appropriate to his age
- Understands jokes, puns and riddles
- Uses inflection and expression when speaking
- Understands the give-and-take of conversation
- Is able to express needs, wants and ideas verbally
- Can talk about events in the correct and logical order
- Is interested in listening to stories, music and other activities
- Speaks and writes in complete, logical and coherent sentences
- Participates in discussions at home, at school and with friends
- Answers who, what, when, where questions in conversation (or about a story)

## LITERACY STRENGTHS

- Enjoys reading
- Recognizes sight words
- Can follow written directions
- Is able to sound out unfamiliar words
- Reads accurately and with expression
- Can match letters to sounds and sounds to letters
- Recalls and retells stories and facts after reading
- Has creative and imaginative ideas; likes to tell stories
- Can make predictions based on what's happened so far in the story
- Makes connections between reading material and personal experiences
- Can pause when reading and return to that sentence after being interrupted
- Figures out what new words mean by looking at the context or asking questions

## MATH STRENGTHS

- Thinks logically
- Uses and understands math vocabulary
- Uses mathematical operations (+, -, x, ÷) correctly
- Remembers math facts and can perform mental math
- Sees and understands patterns in nature and in numbers
- Understands math concepts and can apply them to the real world
- Use numbers to solve math reasoning/problem sums with minimal errors